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# SPARTAN DAILY



sjsunews.com/spartan\_daily

## Vapers shrug off exploding vape pens

BY WILLIAM DELA CRUZ  
STAFF WRITER

A San Jose man recently received serious burns after his vape pen exploded in his pocket while he was driving, according to Kron 4.

This is a potential risk people who vape may face as more people who smoke are turning from cigarettes to electronic cigarettes, commonly referred to as e-cigarettes or vapes.

Vape pens are battery-powered smoking devices that use cartridges filled with liquid that contain nicotine, flavors and other chemicals.

A heating device in the e-cigarette converts the liquid into vapor.

Fremont resident Darrelle Canete has been vaping for seven years and said something like that is not of any concern to him.

"No, I'm not worried because I know how to take care of my shit and charge my batteries correctly," Canete said. "Like everything, it's all

about maintenance. People buy [vapes] and tend to don't take care of it."

Canete stresses that it's all about the batteries and knowing what vape you have. "That guy probably didn't lock it and it ended

proper conditions, vapor products pose no more of a fire risk than other products that use lithium-ion batteries like cellphones and laptops," the American Vaping Association stated.

"However, when your

Eventually, vaping got me to stop smoking weed and kept me away from cigarettes.

Justin Velasquez  
San Jose resident

up firing up in his pocket," Canete said.

"When driving, you should never keep your vape in your pocket, your best bet is to keep it in the cup holder or keep it in the center console just in case."

The American Vaping Association released a statement in regards to the exploding vapes.

"When charged and under

vapor products are subjected to extreme conditions or used with unwrapped or damaged batteries, shorts can occur."

There are around 9 million vape users in the United States, according to vaping.com.

And according to the United States Fire Association, there have been 195 reports of e-cigarette fire and explosion incidents

in the U.S. from January 2009 to Dec. 31, 2016. However, over 99 percent of users did not experience this problem.

More people are turning to vaping as opposed to cigarettes as a healthier alternative to smoking.

San Jose resident Justin Velasquez has been vaping for eight years.

Velasquez started vaping when he was 14 years old, which was around the time he started smoking weed.

Velasquez said the reason he smoked weed originally was because he liked the way the smoke looked when people blow "O's" and other smoke tricks.

"When I discovered vaping, I gravitated to it because it produced a bigger cloud when you exhaled," Velasquez said. "Eventually, vaping got me to stop smoking weed and kept me away from cigarettes. I've had a few cigarettes, all early on in my life and vaping steered me away from that. It is much more safe."

Since vape pens do not

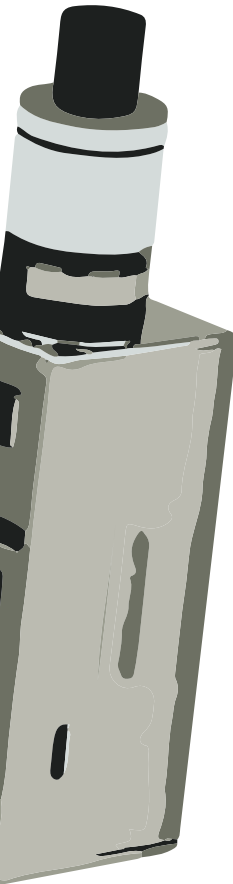
burn tobacco, people do not inhale the same amounts of tar and carbon monoxide as they would with a regular cigarette.

E-cigarettes are at least 95 percent safer than smoking cigarettes, according to a report sponsored by the UK's Department of Health and published by Public Health England.

Public health science junior Anthony Guzman said vaping helped him out with cigarettes.

"I was actually a cigarette smoker from around 16 to about 22 years old," Guzman said. "I started vaping at 21 after a friend had mentioned that it helped him quit cigarettes and it has definitely [helped me] break away from cigarettes and not be so reliant on them."

According to the American Heart Association, e-cigarettes are less hazardous than tobacco products and present an opportunity for harm reduction if



smokers use them as substitutes for cigarettes.

Follow Wiliam on Twitter  
@liamotsd

### PEDIATRIC

## Student organization hopes to raise awareness about cancer

BY ANDREW GLENN  
STAFF WRITER

The Awareness "With Purpose" Fair encouraged students to pledge their support of those battling

pediatric cancer by placing a hand print on a blank banner. The event was put on by the Public Relations Student Society of America (PRSSA) chapter at San Jose State on Tommie Smith and John Carlos lawn yesterday.

The student organization acted as representatives for the non-profit organization "With Purpose," a group established to raise awareness about pediatric cancer.

"With Purpose" was founded by Erin Benson

after the death of her son, Sam Benson. Sam died from an aggressive and cancerous brain tumor known as Diffuse Intrinsic Pontine Glioma (DIPG).

PRSSA SJSU president Jasmine Garcia was at the event to provide information to students about how to help kids who are battling cancer.

"There's a lot of things going on with pediatric cancer," Garcia said. "And so that's what we exist for. To raise awareness for all the things going on."

On display across the lawn was a batch of colorfully wrapped birthday presents. Each served as a silent tribute to the children with pediatric cancer across the United States.

PRSSA SJSU held the fair with the support of Congresswoman

SURVIVOR | Page 2

### NEW STUDY

## Junk food might be carcinogenic

BY WILLIAM DELA CRUZ  
STAFF WRITER

A suggested link between highly processed foods and cancer has been reported by French researchers, according to a study in the British Medical Journal.

The study found 18 percent of people's diets was ultra-processed and increasing the proportion of processed food by 10 percent would lead to nine extra cancer diagnoses per 10,000 people a year.

Some of the processed foods defined in the study include mass produced packaged breads, instant noodles and soups, frozen or shelf-life ready meals and sweet or savory packaged

snacks such as chips.

If proven to actually link to cancer, this is be very concerning as many of these foods are go-to items for students because of their low price. A lack of time to eat something healthier or prepare food because of schoolwork are other factors that affect a student's diet.

Child development freshman Mae Nguyen said this is something that always happens to her.

"If I stay up late doing a paper or have an assignment due, I'll skip breakfast or grab something quick," Nguyen said. "I really like breakfast, so a day I actually eat breakfast I know is going to be a good day."

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ANDREW GLENN | SPARTAN DAILY

Public relations junior Rose Johns puts her handprint on a canvas as part of an activity at an event held by PRSSA on Wednesday on Smith-Carlos Lawn.

A.S. 55  
Awards

NOMINATIONS DUE BY FRIDAY, MARCH 16, 4:00PM

Honoring and recognizing the unsung heroes of San José State; students who have demonstrated an outstanding commitment to SJSU and who have continually given back to the campus and local communities.







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SURVIVOR

Continued from page 1

Zoe Lofgren and Alyssa McCoy, a pediatric cancer survivor and SJSU student. Kristi Cole, founder of Courageous Kids, was also at the event.

There were two information booths about the “With Purpose” organization and the American Cancer Society.

At the event, McCoy recounted her fight against pediatric cancer. She thought she would lose this battle and is grateful to be alive today to speak about it.

On her 13th birthday, she felt a mass on her throat that seemed harmless. McCoy’s mother

took her to the hospital and the lump turned out to be lymphoma that had spread into her sternum and armpit.

Lymphoma is a cancer that affects the immune system by the lymphocyte cells in the lymph nodes.

“I’m 13, I know nothing,” McCoy said. “I haven’t been in this world very long, and [the doctors] know nothing. They don’t know how to cure me.”

McCoy was placed in a clinical trial in hopes of finding a cure.

The cancer was significantly reduced after twelve rounds of chemotherapy over the course of twelve weeks.

“I had four [tumors]. I call them glorious tumors

because they were really insane. They were huge. The size of a pingpong ball, softball and all sorts of nasty shapes,” McCoy said.

Having survived the ordeal, she still has side effects of the treatment, takes medicine regularly and attends checkups.

She tells her story to others as an advocate for all the children that are going through the same struggles.

Yesterday’s event was the first of four to raise awareness on campus about the Childhood Cancer STAR Act that was presented to Congress on Feb. 2, 2017.

The bill amends the Public Health and Service Act, which gave the United States Public Health



ANDREW GLENN | SPARTAN DAILY

Students attending the event show their solidarity by leaving their hand prints on the banner.

Service the responsibility of preventing the introduction,transmission and spread of diseases.

The bill would authorize the National Institutes of Health to collect medical information of children, adolescents and young adults. This would allow the

development of a better understanding of cancer with the least effective treatments.

Follow Andrew on Twitter |  
@SaviorElite10

DIET

Continued from page 1

Cassie Barmore, San Jose State campus dietitian, said it’s important to consider the sample size, population and if other variables were controlled in the study before putting the label that these foods cause cancer. She said people may be able to have these foods in their diet and never get cancer.

Barmore emphasized it is okay to eat these foods in moderation.

However, Barmore believes there is a place for all foods in the diet. She said there needs to be space for other health promoting options such as fruits, vegetables, protein and calcium-rich foods. Fruits and vegetables are foods that help decrease risk of cancer.

“One tip I usually give people when preparing items, like Top Ramen for example, is to add in a few handful of frozen veggies like peas, broccoli and carrots and toss in an egg to poach in the broth for some protein,” Barmore said. “They can eat this soup with an apple or string cheese on the side for some fruit and dairy. These simple additions help round out the meal and add more balance.”

To help students who skip meals because of not having enough money, SJSU provides the Just in Time Mobile Food Pantry.

The program, done once a month from 10 a.m. to 11:15 a.m., works in partnership with Second Harvest Food Bank of San Mateo and Santa Clara County.

Marko Mohlenhoff, SJSU Student Affairs Case

Manager, is one of the organizers of the Just In Time Food Pantry and said Second Harvest is a large food bank when compared with the size of national food banks.

Second Harvest provides



I really like  
breakfast, so a  
day I actually eat  
breakfast I know  
is going to be a  
good day.

Mae Nguyen  
child development freshman

all the food the Just in Time Food Pantry distributes.

“They will bring, depending on the distribution, anywhere from

13,000 to 18,000 pounds of food and over half of it always fresh produce,” Mohlenhoff said. “They are a great resource and so much of the reason why we are able to offer so much in terms of whole, healthy foods for our students who come to the Just in Time.”

The majority of the distribution are whole foods, which includes fresh produce, half gallons of milk, cartons of fresh eggs, cheese and proteins such as chunk tuna in water or canned chicken.

Mohlenhoff said nutritional food is important for students dealing with stress from deadlines and lack of sleep.

“If you look at undercutting a student’s nutrition, then you are looking at negatively impacting their immune system and energy levels,

their ability to focus and concentrate, their ability to retain information and process it, and literally just function,” Mohlenhoff said.

There is also a Twitter account called SJSU Free Food that let’s students know any time there is free or discounted food on campus.

Along with the Just in Time Food Pantry, SJSU has the Student Hunger Committee. The group is an informal group of students, staff and faculty from across campus that meet monthly to work on solutions to reduce food insecurity at SJSU for those struggling to afford food.

It provide eight food shelves across campus, which are hosted by different departments and are stocked weekly with non-perishable grocery items.

Follow William on Twitter |  
@liamotsd

Students write  
to future selves



ANDREW GLENN | SPARTAN DAILY

Members of the Apartment Hall Government oversee students contributing to a time capsule Wednesday.

BY ANDREW GLENN  
STAFF WRITER

The Apartment Hall Government invited students to write messages for a time capsule at the Campus Village B (CVB) main entrance last night.

Any students who passed through the CVB entrance were invited to write their messages on half-sheets of paper using colorful pens and eat free snacks that were provided.

They could write messages to their future selves, friends or write some of their goals for the future. Students were also given the option to take a Polaroid picture and attach it to their note.

The note was placed in a metal cylinder that was screwed shut and stored until it is time to open it.

The time capsule will be opened at the end of the semester to give students living in Campus Village a chance to reflect

on their thoughts during the semester.

“They can write about anything,” Paramée Duangsutha, Apartment Hall Government treasurer, said. “Their motivations, their goals or anything they would like to open in the next three and a half months.”

Some students thought it would be cool to leave a note in the time capsule, and others went to the event for a different reason.

“I stopped by because I saw that there was going to be Polaroids and it was a nice idea,” psychology sophomore Susan Hum said.

The capsule will be opened on May 10 at a CVB banquet. Students who placed a note in the capsule were told to write their room numbers on the notes so that they receive their message in the future.

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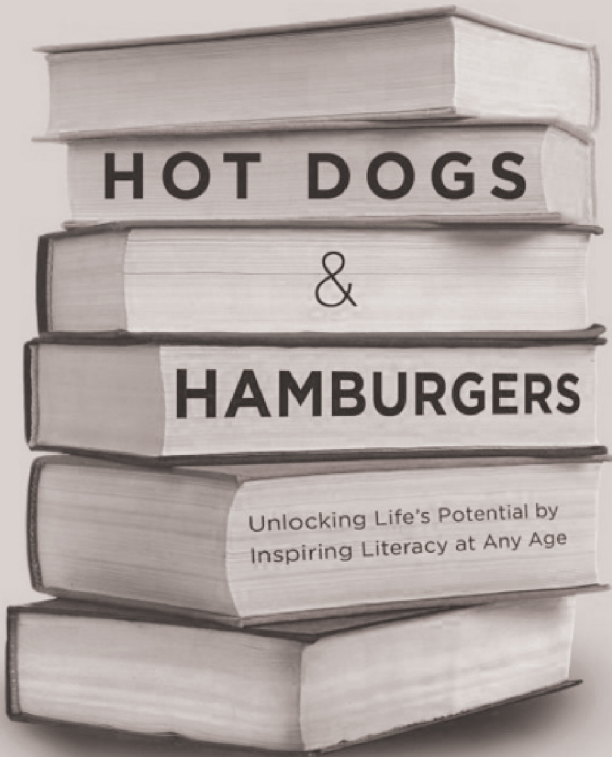


SJSU CAMPUS  
READING PROGRAM

P R E S E N T S

Reaching out to Others

Information on Mentoring Readers



ROB SHINDLER

Thursday . February 22, 2018 - 3:00 p.m  
Martin Luther King Jr. Library, Room 225



GALLERY RECAP



KRISTEL RODRIGUEZ | SPARTAN DAILY

(Left) Artist Susanna Salim (right) greets students and several professors from the art department. (Above) Trees are a central theme of Salim’s art, which are painted in a flattering light to highlight their overlooked beauty.

Art takes many forms in nature-based gallery

BY KRISTEL RODRIGUEZ  
STAFF WRITER

When asked about the inspiration behind her work, artist Susanna Salim said, “I want to lighten the suffering, and find the humor in silly stuff and beauty in the often overlooked details of life.”

Salim’s artist reception took place at Gallery three in the Art building on Tuesday night.

People were greeted with a large wooden woven basket piled up high with fresh apples, bananas and oranges before entering the gallery.

Born and raised in Big Sur, Salim said she

is inspired by the nature she witnessed while growing up in the area, which ranged from a cloudless harvest moon to the deep tangerine hue of the sun setting, to a long forgotten oak tree that has been split down the middle by the shifting of the land.

“I wanted to paint my experience, I want to feel those extraordinary colors,” Salim said. “I have this impact of color that is provided by nature that has a visceral experience on me when I’m out there.”

Many of Salim’s paintings feature a Big Sur staple, peacocks, which have

long captivated her attention.

She is intrigued with the indifference that female peacocks display toward the brilliant colouration of a male’s feathers.

The irony of this behavior, to rebuff such a natural anomaly, is an example of the detail Salim tries to capture and share with the world.

“There’s a lot of people out there that will say you should paint something just because it’s beautiful,” Salim said. “But I like to find the beauty in the things that you just might walk by.”

Graduate student

Kumo Le stood in front of the painting of the forgotten oak tree, openly appreciating the complex brushstrokes Salim uses to add texture and depth, that for him bring the tree back to life.

Le pointed to a line in the branch of the oak tree that appears to be both black and blue with a hint of yellow highlight, a subtle shoutout to Vincent Van Gogh’s color palette in “Starry Night.”

“The contrast between the two colors she uses to paint this branch,” Le said. “The way she places them so close together to create

detail is incredible.”

Salim’s technique developed over time when she realized she could use oil painting as a way to express the suffering that is inherent in living. She also credits Big Sur for providing a home where she can find herself and forgive herself.

This personal element is what elevates Salim’s landscapes.

Taking it from a recorded moment in time to a wormhole into your subconscious, capable of eliciting dormant imagination and encouraging our sense of adventure in a life that can often feel

like a hamster wheel.

Fellow artist and graduate student, Miho Poelman stood near the doorway while carefully observing the paintings along the way, overcome with appreciation and eager to get up close once the space cleared out.

“She has powerful brushwork and bold color usage,” Poelman said. “It’s simply beautiful.”

Today is the last day Salim’s exhibition is on display. The gallery is open from 10 a.m. to 8 p.m. and is free to the public.

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## ALBUM REVIEW

# MGMT scares ‘Kids’ with ‘Little Dark Age’

BY ALEX MARTINET  
STAFF WRITER

MGMT, also known as the Management, first hit big in 2008 with three stellar singles from the group’s debut album “Oracular Spectacular.” “Time To Pretend,” “Kids” and “Electric Feel” all put a twist on psychedelic rock making it more pop friendly.

However, instead of continuing to go in that direction and head further down the mainstream charts, Andrew VanWyngarden and Ben Goldwasser of MGMT decided to set forth and create music that wasn’t radio friendly.

Things were on the upswing for MGMT with Columbia records giving them creative freedom to make absolutely anything until 2013 when the group released the self-titled album MGMT that was a complete head scratcher.

It came out during a time when psychedelic music caught up to the band with bands like Tame Impala and Arctic Monkeys steering the genre into a new direction.

Five years later, MGMT is back with its newest album called “Little Dark Age,” which from the album title track continues to showcase the duo going in a straight synth pop selection. Ariel Pink’s “Haunted Graffiti” album is one of the main influences, so much so that he is credited on the song “When You Die.” The track is a nice palate cleanser from the rest of the album and layers four guitar parts on top of synth. The only problem is this is the only song that offers that type of sound on the album.

If “Oracular Spectacular” was about a period in high school, then the album “Little Dark Ages” is the group transitioning past that phase and tackling more adult themes.

“TSLAMP,” which is a brilliant acronym for “time spent looking at my phone,” has some of the most honest lyrics about cell phone addiction. “I’m wondering where the hours went as I’m losing consciousness. My sullen face is all aglow,” VanWyngarden said.

This is MGMT’s best attempt at making a concept album that laments on how technology negatively impacts everyday life. “She Works Out Too Much” is a funny critique on online dating and how it directly impacts self-esteem. This directly connects to the closing track called “Hand it over” which the duo seek to disconnect themselves from social media and become less reliant on their need for the latest tech.

“Little Dark Ages” represents the group continuing to experiment

with dark synth, further moving away from the rock elements that gave the band its mainstream success. I don’t think the duo exploring the over reliance of technology, cell phone addiction and depression is worth revisiting. This is a culmination of a decade-long experimentation that’s taken lessons from each album.

I appreciate VanWyngarden and Goldwasser trying to creatively push themselves with their music, but some of the tracks on this album come off as an attempt to be creative geniuses instead of a decent band. I at times thought they were trolling me for how many times the album took left and right turns just to troll their fan base.

Follow Alex on Twitter  
@almartinet

## IN STORES

“Little Dark Age”

**Artist:**  
MGMT

**Release Date:**  
Jan. 9

**Genre:**  
Synth-pop

**Rating:**  
★★★★★



CLUB REVIEW



AMANDA WHITAKER | SPARTAN DAILY

(Above) The Hedley Club Lounge offers a large cocktail and appetizer menu for guests to enjoy. (Right) The club has indoor and outdoor seating where guests can socialize.



Hedley Club Lounge is the perfect weekend hangout

BY AMANDA WHITAKER  
STAFF WRITER

As I arrived at the Hedley Club Lounge inside Hotel De Anza, on West Santa Clara Street the iconic and luxurious hotel had me awestruck – until I quickly realized parking was going to be an issue.

The club is open to the public so visitors do not need to be a hotel guest to go there. However, with limited street parking, it’s difficult to park near the hotel. Surprisingly enough, after a quick search, I found a parking spot across the street.

To find the Hedley Club Lounge, you’ll walk through the first floor of the hotel to

the back corner. When I first walked into the club, the beautiful architecture was what that caught my eye. This is definitely not your average looking club. Its vintage style and high-class decor will make you feel like you’re in a scene from “Casablanca.”

As I entered the club through the three archways, the captivating high ceilings, giant fireplace and grand piano gave it an elegant feel. A huge chandelier hung in the center of the room. The lighting was dim, and red and green velvet couches and chairs filled the room for extra seating. The overall vibe of the club is cool and relaxed.

There is an extreme attention to detail in the club. The ceiling is covered in beautiful red, yellow and green flower designs. Magnificent large paintings hang on the walls and add to the club’s elegance. Everywhere you look there is something to admire.

The bar offers an extensive drink menu and appetizers that are prepared by La Pastia a restaurant also located inside Hotel De Anza. The drink menu offers a variety of fun cocktails and is known for its signature drink, the “Diving Diva,” which is made using Tito’s Vodka, Pur Spirits Pear, Elderflower liqueur and sparkling wine.

Another drink I tried

is the blood orange margarita made with Azunia Blanco organic tequila, Solerno blood orange liqueur, agave nectar, fresh lime, rocks and salt. Both drinks are amazing and I highly recommend trying any of their signature cocktails. If none of the cocktails tickle your fancy, the club also offers a variety of different wines and beers.

The Hedley Club has a giant outdoor patio that includes more seating and games for guests to play.

The patio is very inviting with its colorful fountains and green ivy growing up the walls. It’s also covered, which helps keep guests cool from the sun or dry from the rain, making it

the perfect hangout for any weather.

Guests can play a game of Giant Jenga, ping-pong, or bocce ball while enjoying their cocktails and appetizers.

The lounge also has live jazz music in the evenings. Guest can check the schedule on the Hotel De Anza website.

The Hedley Club Lounge is a great place for people to come and enjoy themselves. It is open Monday through Friday from noon to 2 a.m., Saturdays from 4 p.m. to 2 a.m. and Sundays from 5 p.m. to 2 a.m. Cocktail hours are Monday through Friday 4 p.m. to 7 p.m. with \$9 signature cocktails, \$5 well drinks and wine and \$4 beer. However, cocktail hour

is not available before any SAP Center events.

Follow Amanda on Twitter  
@AmandaWhitDaily

IN  
TOWN

**“Hedley Club Lounge”**

**Gathering Type:**  
Lounge

**Location:**  
233 W Santa Clara St.,  
San Jose, CA 95113

**Price:**  
\$\$

**Rating:**  
★★★★★

BOOK REVIEW

‘Basketball (And Other Things)’ makes reading fun

BY BEN STEIN  
STAFF WRITER

Have you ever wondered how a grizzly bear would fare in the National Basketball Association (NBA)? Which NBA players should you team up with if there was a purge? New York Times best-seller Shea Serrano answers these questions and more in “Basketball (And Other Things).”

Serrano breaks the mold of a stereotypical basketball analytics book using a mixture of advanced statistics 1 in chapters about things like which version of Michael Jordan was the best version of Michael Jordan? Each one of the book’s chapters is accompanied by a cartoon-like illustration drawn by Arturo Torres, the same artist who illustrated his first New York Times best-seller, “The Rap Yearbook.”

These pictures are incredibly drawn and add to the overall theme of the chapter. Pictures like Karl Malone standing on a waterfall feeding fish to a grizzly bear is a perfectly accompanies Serrano’s work.

Serrano used his large Twitter following, a group of people he calls the FOH army to advertise his book. We don’t really ever get a clear answer on what FOH stands for. Everytime a follower asks,

he gives a new answer.

Serrano threw out a challenge to his followers to try and pass Kobe Bryant’s career scoring total, in the book’s first week on sale.

His Twitter army went out and took down the Laker great. Before the book came out Serrano updated his Twitter followers each week with his pre-sale totals as well as photoshopped images of his face dunking over those players.

Serrano’s sales strategy was brilliant, he knew if he hyped up the book enough, people would buy it.

“We sold over 33,000 copies by [the end of] week one,” Serrano said.

In one of the chapters, Serrano discusses how players’ legacies change if you change their names. Serrano writes that Kevin Durant, now Keith Durant “stopped growing at 5 feet 10 inches and was very active in his church’s youth ministry.”

He also talks about James Harden, now John Harden starred in “second-rate action movies, which he also would write the scripts for.”

The thought process that Serrano had in order to create an idea like this is fascinating. I wish I could have been a fly on the wall when he was discussing these ideas with his editor.

While I may not agree with all of Serrano’s decisions “Basketball (And Other

Things)” is a must have for anyone who has ever taken part in a barbershop sports conversation.

At its peak, “Basketball (And Other Things)” made its way to the top of New York Times best-seller list, reaching number one in the Sports and Fitness category.

“Basketball and Other Things” can be purchased online or in person at any bookstore. As an incentive to purchase it at Barnes and Noble, there is a page full of fictional trading cards for “basketball players” like Jim Halpert from “The Office.”

Overall, “Basketball (And Other Things)” is a hilarious book that can be picked up at any time.

Follow Ben on Twitter  
@thereelbstein

IN  
STORES

**“Basketball (And Other Things)”**

**Author:**  
Shea Serrano

**Published:**  
Oct. 10, 2017

**Genre:**  
Sports/Humour

**Rating:**  
★★★★★

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It’s really not that bad

The update really blows

It separates the social from the media, which is really helpful for users



Ben Stein  
STAFF WRITER

Take a deep breath and relax, you will forget all about this update in a week. After the way the internet reacted to its newest update, you would think Snapchat took away its most popular features like the dog ears or voice changing filters. Its newest update has its users calling for the end of Snapchat. Updates to social media apps are not new. The developers of these apps know they need to keep it fresh and interesting or their users may get bored and move on to the next big thing. A lot of things have been called fake recently – i.e., fake news – and Snapchat does not want to be associated with the negativity. According to its blog, Snapchat wanted the users to be themselves, not a fake version to impress their friends. “While blurring the lines between professional content creators and your friends has been an interesting internet experiment,” Snapchat said in the blog post. “It has also produced some strange side effects (like fake news) and made us feel like we have to perform for our friends rather than just express ourselves.” The new update is broken up into three

parts and separates the social from the media. Snapchat has changed its layout so that on the left-hand side is your friend list, both personalized messages and their stories. Instead of having to maneuver from one side of the app to the other in order to see what your bestie is up to, you can now see it all at once. On the right-hand side are the public stories; those are the celebrities and gossip channels. This makes it easy to distinguish what is going on with people you know versus people you don’t know. For people like me who don’t care about the latter, and only use the app for communicating with friends, this update makes Snapchat easier to use. The new friends page displays your friends in order of how frequently you communicate with them instead of by who posted most recently, prioritizing your best friends. We all have people we added in high school but no longer talk to or care about. This update pushes them to the bottom, no longer forcing you to watch stories you don’t want to see. Currently, there is a petition on Change.org, a San Francisco based

website that facilitates petitions made by the public, to remove the newest update. This petition already has over 1.2 million signatures. According to Business Insider, Snapchat CEO Evan Spiegel sold over \$50 million of stock, after the update was live. The app is clearly still thriving after the update. Change is hard. Having to re-learn how to do something I use everyday is not ideal, but it is not the end of the world. Over the years, social media websites like Myspace, Facebook and Instagram have all made updates that created confusion and frustration for users. Remember when Instagram followed Snapchat and added stories? That was going to be the death of Instagram, but that app is still thriving. Remember when Facebook changed “becoming a fan” to “liking?” That created so much controversy that 10th grade Ben decided to boycott the app for like a week. Remember when Myspace changed your top eight to allow you to have a top 20? All of these were updates that seemingly killed their respective apps, until people got used to it. Then it became normal. I will not ask you to love the update, all I ask is you give it some time before judging and deleting the app.

Follow Ben on Twitter | @thereelbstein

It’s way too confusing to use, and it won’t be easy to get used to it



Dominoe Ibarra  
STAFF WRITER

From photo filters to location tags, Snapchat has given users everything that they could want. Except for the latest update, which completely reorganized the app’s layout. Let me be one of the many to also say this new Snapchat sucks. With the new update, it is difficult to locate everything. If you swipe left, the snaps you receive are mixed in with your friends’ stories, and if you swipe right, you have the discover page with public stories and stories from publishers like The Daily Mail, Cosmopolitan and BuzzFeed. According to USA Today, changes were automatically made to the app, rather than being released as an update users could choose to download. “The goal of the update was to clearly separate messages users send to friends from commercially produced content,” USA Today stated. The creators of Snapchat may have thought they were doing us a favor by separating our friends’ content from publisher content, but in reality it looks like one big, disoriented mess. I couldn’t even figure out how to locate my own story and check who viewed

it. It wasn’t until I actually clicked on my Bitmoji in the top left corner and found it below the yellow Snapchat code. I still have friends asking me how to work the new Snapchat weeks after the update happened. The update overall is very confusing to users including myself, and I still feel like I am finding something new every time I use it. The only perk about the new update is the new fonts for text on your photos. The fonts include from Old English, Comic Sans, glow, rainbow and more. I do think it’s nice to mix it up a bit and make snaps more aesthetically pleasing, depending on what you’re posting. “I like the new fonts,” communicative disorders and sciences sophomore Jordan Mercado said. “I think it allows us to be more creative and you can put multiple texts on it too. It’s a lot like Instagram stories and I personally liked those more than Snapchat’s.” Beside the fancy text, everything else about this new update blows, and since there is no such thing as “reverting to the old design,” according to Snapchat, getting used to the new update is not going to be a walk in the park. This new update also reorganized who

Let me be one of the many to say this new Snapchat sucks.

you have snapped. I have people I’ve snapped maybe once or twice pop up in the beginning of my feed like I snap them all the time. Then there are those I do snap on a regular basis who also post a story. I don’t know how to just watch the snap or how to just watch their story. The update overall is very confusing to users including myself, and I still feel like I am finding something new every time I use it. The only perk about the new update is the new fonts for text on your photos. The fonts include from Old English, Comic Sans, glow, rainbow and more. I do think it’s nice to mix it up a bit and make snaps more aesthetically pleasing, depending on what you’re posting. “I like the new fonts,” communicative disorders and sciences sophomore Jordan Mercado said. “I think it allows us to be more creative and you can put multiple texts on it too. It’s a lot like Instagram stories and I personally liked those more than Snapchat’s.” Beside the fancy text, everything else about this new update blows, and since there is no such thing as “reverting to the old design,” according to Snapchat, getting used to the new update is not going to be a walk in the park. This new update also reorganized who

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Race issues are not always black and white



Brianna Sheats  
STAFF WRITER

Living in California my whole life has been such a privilege. The diversity, the acceptance, the freedom to be yourself, it has all shaped me into who I am today. But as I live here in San Jose and attend one of the most diverse schools in the country, some actions make me question if California is as perfect as it seems. With all the different restaurants from a variety of cultures, it is nice to have lots of food options. I love food, and I’m

no stranger to trying something new and tasty. Here in San Jose, there are tons of Asian restaurants including Vietnamese, Thai, Japanese and Korean cuisine. I love going to those places because the flavor in the food is amazing. Because I enjoy eating from Asian restaurants I automatically become “so Asian” according to my Asian friends. While this comment is not too harmful, it is quite annoying to hear from multiple people. I am proud

to be the race that I am, and to be called something else is sort of disrespectful. I am not saying being called Asian is a bad thing or an insult. It just hurts when you feel like you can not like something unless

eating fried chicken. My father always shared stories with my brother and me about his friends telling him, “You talk so white.” You do not have to be white to speak proper English. My father is a black, intelligent

and my friends would tell me I’m not black enough because I was not into all the typical things a black boy should like, I guess. I know they said it as a joke but it made me feel not good enough to be my race.” Race is already a touchy subject, and people are afraid to address this situation because their friends will tell them it’s just a joke and to chill out. But people fail to realize what they say can be offensive. Even people of your own race can belittle you for who you are and your interests. “I am part Mexican and I hate beans,” Akbayan member Lanae Brown said. Akbayan is the Filipino club here on campus. “If I bring it

up to other Mexicans it’s like ‘Oh my God you can’t be serious!’ It’s sort of said like it defines the race or something. Just because something is apart of a culture doesn’t mean it solely defines it when it comes to someone who is apart of the culture.” Americans tend to already have a standard for what each race should like and how they should act. We need to stop and think when it comes to race and categorizing people. Each person has their own interests and hobbies, and that is what defines them.

Americans tend to already have a standard for what each race should like and how they should act.

you are that race. I am black and white, and when my friends go eat at Roscoe’s House of Chicken and Waffles I don’t say, “Wow you are so black.” Because they are not, they are just people who enjoy

man. Being educated does not determine your race. “Being mixed was tough growing up,” business junior Christopher Jones said. “I am mixed with black and white,

Follow Brianna on Twitter | @briiiiiiii



# Body image issues are not limited to women



Jasmine Strachan  
STAFF WRITER

Being self conscious about body image is something that everyone goes through regardless of one's size. As a society, we have become obsessed with the image people uphold, especially in regards to their bodies.

Appearance is something that is constantly checked. Whether positively or negatively, it still occurs. I know this to be true for women, but it can be just as important for men.

"A massive 95 percent of college age men are dissatisfied with their bodies on some level," according to a study by researchers at Bradley University.

I think we live in a world that has a tendency to dismiss men's emotions.

There is social stigma that men should not have feelings or be in touch with them because they are "men."

Men are supposed to be strong. Men are supposed to be emotionless. Men are expected to be the masculine, indestructible beings

who are shunned when they tap into their real feelings. This ultimately feeds into the disregard society has for the male body image. With men, we do not acknowledge how difficult or detrimental the pressure of maintaining a certain body image can be.

There are positive and negative critiques, but nonetheless, they still occur.

Chemical engineering senior Dominic Casas agrees that men are subject to body critiques.

"I feel like, especially with summer coming around, if you are a guy, and you don't have big arms, if you don't have nice pecs, you are definitely lacking," said Casas. "I feel like that's the image were supposed to kind of keep up: big muscles, kind of lean."

A study done by the Journal of the American Medical Association for Pediatrics in January 2014 uncovered that "18 percent of boys are highly concerned about their weight and physique."

Because of the stress



ILLUSTRATION BY MARCI SUELA | SPARTAN DAILY

I think we live in a world that has a tendency to dismiss men's emotions.

that accompanies this, men are more susceptible to having negative outcomes than girls. They become more prone to depression and elevated use of alcohol and drugs. With men, the stress and anxiety of their body image is often centered around gaining muscle and weight. With women,

it is often centered around losing weight.

Though the goals are polar opposites, it can still be detrimental to one's physical, mental and emotional health.

It does not help that the media has created this blueprint of what's considered the perfect body. For women, the "Kim Kardashian"

body is the most ideal, and for men, tall and muscular like Dwayne "The Rock" Johnson wins hearts because he is depicted as "strong" and "handsome."

We must reach a point where we stop creating these insane ideals of what makes a body image "acceptable."

There is little to no avenue for men to express their emotions. Society has developed this standard of high disregard of the male's human instinct.

We do not acknowledge their stressors and uncertainties because there is a disposition that, as men, their

concerns are non-existent. This simply isn't true.

The idea of men being concerned with their body image is rarely discussed because of society's inability to recognize that men have feelings too.

As a society, it is of great importance that we end the narrative of men not having emotions or men not experiencing the same stressors women do.

The fact of the matter is that men deserve the same compassion and support that is often given to women.

Follow Jasmine on Twitter | @jaassyjay

## CLASSIFIEDS

### CROSSWORD PUZZLE



#### ACROSS

- 1. Seaweed
- 5. Binge
- 10. Shade of blue
- 14. Cleave
- 15. Mission
- 16. Breathing organ
- 17. Castrate
- 19. Tardy
- 20. Bovine
- 21. River horse
- 22. Novices
- 23. Replies
- 25. Anagram of "Peril"
- 27. Reverence
- 28. Profligates
- 31. Come from behind
- 34. Comportments
- 35. 52 in Roman numerals
- 36. Egg-shaped
- 37. Demands for payment
- 38. Fender blemish
- 39. Do it yourself
- 40. Means
- 41. Soft creamy candy
- 42. Ravenous
- 44. G
- 45. Consecrate
- 46. Not devious
- 50. In progress

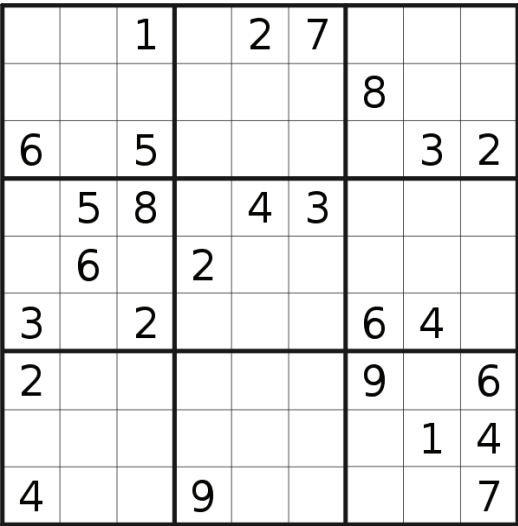
#### DOWN

- 1. Betel palm
- 2. A tart fruit
- 3. Chews
- 4. Commercials
- 5. Escort for a woman
- 6. Inexpensive magazines
- 7. Harvest
- 8. Rules of evidence
- 9. French for "Summer"
- 10. Akin
- 11. Argued
- 12. "Do \_\_\_\_ others..."
- 13. How old we are
- 18. Requiring much chewing
- 22. Cans
- 24. Bulwark
- 26. Focusing glass
- 28. River muds

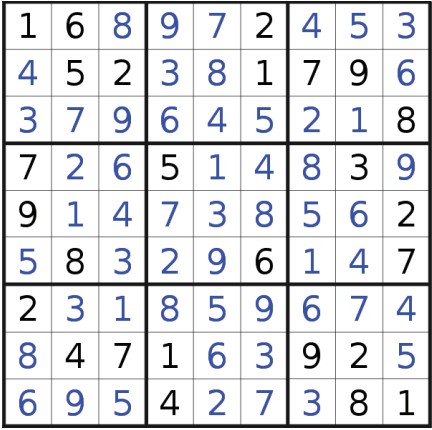
- 29. Jewelry
- 30. Location
- 31. Was a passenger
- 32. Keen
- 33. Idlers
- 34. Small
- 37. Life stories
- 38. Affaire d'honneur
- 40. Weight loss plan
- 41. Stench
- 43. Dress
- 44. Putting surfaces
- 46. Yellowish-brown
- 47. Lyric poem
- 48. Also called Peter
- 49. Cubic meter
- 50. Adept
- 51. A young horse
- 53. Dogfish
- 56. Knave
- 57. Soak

### SUDOKU PUZZLE

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.



### SOLUTIONS 02/21/2018



## JOKIN' AROUND

Wanna hear a joke about paper?

Nevermind, it's tearable :-)

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College doesn't teach basic 'adulthood' skills

SPARTAN DAILY



Diana Avila  
STAFF WRITER

There is a massive demand to receive a college education. Everywhere we go we are told if we want a safe future, we need to be educated, but college does not really teach the important things in life, like how to manage money so we do not struggle to pay for daily necessities.

For any major, San Jose State students are required to take general education courses. According to Psychology Today, some of the benefits general education courses bring students include critical thinking skills, an opportunity to explore different areas of study and helping the future generation be better members of society.

But how can we be active members who give back to the community if we are struggling to pay our own way through life or even know how to care for ourselves?

General education is important, but it needs to be restructured because the current educational plans are made to make

students succeed in school, not in life. At San Jose State, students are required to take general education courses in six different areas, but none of these areas teach us real life skills. We graduate from college, and some of us still don't know how to pay bills, save money or budget properly.

According to Forbes, college students waste money because they choose convenience over saving. Even though this is true to an extent, this is not the only issue. We are not taught to think about these kinds of decisions. As far as I can remember, money literacy classes have always been optional if they are offered at all.

Forbes also mentions students do not take full advantage of student discounts and services, but then again we were never taught to look for deals or how to use coupons properly through school. I have been paying full price for Spotify for the past year until one of my classmates told me that Spotify offers a student account for \$4 a month.

I was paying twice that amount.

I know I don't need Spotify, but as a college student, I still need some entertainment. It's part of self-care. According to College Magazine, a study done by Pennsylvania State University found the most common mental issue among college students is anxiety. Some students do not think about limits. We get caught in a trap where we need to have fun and relax, but we go overboard. We end up spending more than we should.

The core courses should also include classes that teach students what kind of questions to ask when filing taxes to know we are getting the best deal or how to use your first credit card. There are people who prepare students taxes for free. There are some quick ways to cook food that is healthy, yet cheap. Yes, there are workshops. However, the sessions are normally short. Additionally, I have attended workshops on how to build or protect credit, but it has always been a big disappointment. The system is built for us to fail, yet we are too distracted to see that.

Follow Diana on Twitter  
@dianaavila284

Spartan Daily editors' favorite break-up songs

LOVE SONG

Sara Bareilles

selected by Sarah Klieves

YOU'RE SO VAIN

Carly Simon

selected by Thomas Soares

TEARIN' UP MY HEART

Nsync

selected by Marci Suela

BOYS DON'T CRY

The Cure

selected by Nick Girard

YOU'LL BE BACK

Hamilton

selected by William Yap

SKYSCRAPERS

OK Go

selected by Jose F. Govea

IT'S NOT YOU

Halestorm

selected by Jonas Elam

LOOK AWAY

Chicago

selected by Jessica Howell

SHOUT OUT TO MY EX

Little Mix

selected by Savannah Harding

SINGLE LADIES

Beyonce

selected by Noe Magana

ALL I ASK

Adele


selected by Jackie Contreras

BREAKING UP IS HARD TO DO

Neil Sedaka

selected by Mike Corpsos

Listen to this playlist on Spotify:



<http://spoti.fi/2nutckE>

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1

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[OPINION] WHY 'BLACK PANTHER' IS NECESSARY

Black Panther is so much more than just another Marvel blockbuster. Not only because it's the first that's based on a black African superhero, but because the film builds on this concept in a deep and authentic way.

They say behind every strong black man is a strong black woman, and I liked the fact that women were advisors and part of the army in the movie.

It was also a classic move where if a black woman takes off her wig or earrings, then you know the person is about to get a proper beat down!

The implicit statement in both the film's theme and its casting is that there is a connection, however weak and complicated, among the continent's scattered descendants.

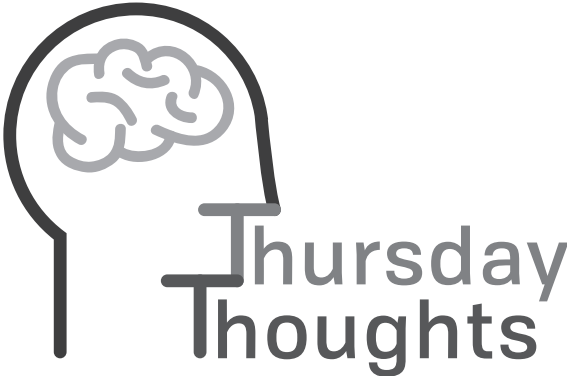
From start to finish, the movie strives to represent Africa as the culturally rich place it is, adopting its history, folklore, showcasing not only its raw minerals but other attributes and heroic elements in a way that's both empowering and entertaining. For instance, the scene where T'Challa has to fight for the throne shows how Africans respect and follow their cultural rituals and beliefs.

Black Panther is necessary. It's necessary for representation especially in a world where diversity is so often treated as an act of charity instead of a reality. This film challenges the universal idea that heroes can only be white and male.

It felt good to see people who looked like me, brown people, being portrayed as heroines and heroes, wise people and scientists, and not slaves and being oppressed somehow, as is normally the narrative surrounding black people.

This movie had a typical Marvel theme in that 'good always wins over bad' which is a great message to send, especially to children. Is it worth an Oscar award? It's a yes from me.

By Refilwe Pitjeng  
Source: EyeWitness News





# Taylor Turney shoots for excellence

BY DOMINOE IBARRA  
STAFF WRITER

Communications sophomore Taylor Turney graduated from Liberty High School in Henderson, Nevada and has been playing scoring point guard for the San Jose State women's basketball team since her freshman year.

Both on and off the court, she dedicates her time and effort to basketball and works hard to play to the best of her ability.

"I can score when I need to, I can get to the basket and I can get to the free-throw line too," Turney said. "While doing all that I can also look for my teammates and get them good shots. I take pride in my passes, I think that's a really cool element to my game."

Turney has been playing the game of basketball since she was four years old. Her grandparents played basketball back in the day and coached her parents to play in college. Her parents have both passed down their skills to Turney and her brother. They've coached her since she was little and all throughout middle school.

During her freshman year, Turney struggled to balance playing basketball and

maintaining her grades. Spring semester of her freshman year, Turney found school and basketball a lot to handle while going through surgery to remove a cyst, the size of a baseball, on her ovaries.

It took her about two months to recover from the surgery and get back on her feet, training and running for basketball.

"I had a hard time with it because I'd rather just play basketball than do my school work or not get my school work done because we had practice," Turney said. "I didn't have very good time management skills but this year I got better at that."

Outside of the game, Turney enjoys playing video games, watching movies, hiking, hanging out with friends and spending time at home with her family when she can.

During the off-season, Turney tries to make the eight-hour drive back to Henderson, Nevada about once or twice before the school year ends to enjoy some quality family time. After college, Turney hopes to pursue a career in basketball.

"It's always been a dream of mine, I mean I put so much work in everyday so I want to try to go the furthest I can," Turney said. "I want to try to play overseas and make good

experiences out there."

Turney could not experience all that she has and improve herself as a player without the support of her teammates. Guard Myzhanique Ladd has been one of the many players Turney has looked up to on the team.

"Compared to freshman year there is much growth being that she has a lot of responsibility on her since Dezz Ramos, a key player to our program, left," Ladd said. "I say that she's handling it very well only being a sophomore at that too. She's a phenomenal player and I can't wait to see the growth that she has next year and senior year," Ladd said.

Along with having teammates to look up to she has an obligation to be a positive example to younger players, like psychology freshman Danae Marquez.

"I think she's a good asset to our team and she's a reason why we've won some of our games," Marquez said. "She's a great role model for me personally."

Marquez is also a point guard on the team so with Turney's experience from the past two years, she has a lot of advice and training to offer. "Being a freshman point

guard you kind of have to learn the ropes and she's kind of showed me the way and things to do in our system and what the tone should be and how I should keep it going," Marquez said.

Turney hopes to be consistent and persistent because her coaches and teammates expect a lot out of her out on the court. Ending her sophomore year, she hopes to perform well for her two senior teammates Ladd and forward Hallie Gennett.

"I just want to finish strong and see what we can do at the tournament," Turney said.

In SJSU's game on Feb. 2 against Wyoming, Turney was helped off the court with an injury and was unavailable for the Spartans next game.



PHOTO BY KAVIN MISTRY | THE SPEAR  
PHOTO ILLUSTRATION BY MARCI SUELA | SPARTAN DAILY

Follow Dominoe on Twitter  
@dominoeibarra

# Winner winner, chicken dinner



Freshman guard Danae Marquez dribbles past half court avoiding Nevada's sophomore guard Camariah King on Wednesday night.

CHIOMA LEWIS | SPARTAN DAILY

BY CHIOMA LEWIS  
STAFF WRITER

The Spartans ended their eight-game losing streak Wednesday night with a win against The University of Nevada, Reno, the No. 7 team in the Mountain West Conference, with a victory of 57-54.

The Spartans' freshman guard Megan Anderson scored the first basket of the game with a layup. SJSU kept the lead throughout the first quarter ending 18-8 in the Spartans' favor.

SJSU pushed its lead to double digits in the second quarter, and the Wolfpack tried to keep up. The Spartans kept up a good defense, closing the first half at 30-21.

"We need to play like we don't have a lead," head coach Jamie Craighead said. "I knew that my team was going to play really hard."

Craighead said that she

finally saw it pay off because the team was getting better on the defensive end.

The Wolfpack scored the first two baskets of the third quarter, putting them only five points behind. The first Spartan basket of the quarter was made by freshman forward Mikaylah Wilson. SJSU worked hard to keep the lead and the quarter ended 37-35, with Nevada close behind.

"I was trying to do everything that I could to extend the lead a little bit so that we could come out with the win," Wilson said.

The fourth quarter was almost shot for shot, as the Spartans tried to stay in the lead and the Wolfpack tried to take it.

"I knew my team was going to do what we needed to do. Our effort and our energy was where it needed to be," senior guard Myzhanique Ladd said. "There were sparks and spurts that we did great. We picked it up with steals, the communication was good."

At 9:52, Nevada took the lead with a three-pointer by Nevada's sophomore guard Camariah King pushing the Wolfpack ahead, 38-37. The Spartans came back with their own three-pointer by sophomore guard

Analys Benally, bringing the score to 40-38.

"We won on the hustle, the 50-50 battles," Craighead said. "All the gut stuff is where we really won the basketball game."

With only 20.8 seconds on the clock, Nevada was only two points behind. Spartan freshman point guard Danae Marquez made the winning shot.

Craighead said the team had to make more of a special effort because sophomore point guard Taylor Turney is out. She believes they struggled a bit offensively, but succeeded even without Turney.

"Everyone had to make a couple more shots and grab a couple more rebounds because obviously to have your starting point guard out is always going to be challenging," Craighead said.

Turney is out with a sprained ankle from last Saturday's game against Wyoming. Craighead didn't have an update on when Turney will be back.

The Spartans will face off against San Diego State this Saturday in San Diego at 1 p.m.

Follow Chioma on Twitter  
@clevermindlewis

## SPORTS COLUMN

# National Anthem performances we want to forget

BY WILLIAM DELA CRUZ  
STAFF WRITER

The National Anthem has become a staple before major sporting events with many performers singing it over the years. While there have been great and legendary renditions, like Whitney Houston at the 1991 Super Bowl, there have also been bad performances.

Fergie's recent rendition at the 2018 NBA All-Star became a big topic of discussion this weekend. It was so bad, it was funny.

Industrial technology senior Ivan Mendoza was one person who was not a big fan of Fergie's performance.

"I do not think [Fergie] meant anything wrong on it but I just didn't think it was good," Mendoza said. "I just do not think you want to change anything especially with the wording out of respect for the actual anthem itself."

However not everyone shares Mendoza's sentiments.

Army veteran Connor Quinn says that bad performances like that are what this country is all about.

"Freedom of speech allows people to fuck up like that," Quinn said. "And Fergie sang how she sings so it was not surprising, Roseanne did a lot worse."

Roseanne Barr, star of

the hit television sitcom "Roseanne," probably had the worst National Anthem performance at a 1990 San Diego Padres game.

You could not even call it singing. She was basically just shouting the national anthem.

She also seemed to be mocking the anthem as she chuckled in between her shouting and performed rushed and obnoxiously out of tune.

She even spit on the pitcher's mound after she finished.

Singer Kat DeLuna's rendition at a 2008 NFL game between the Dallas Cowboys and the Philadelphia was equally as bad.

She was just trying too hard and tried to hit notes and go on runs like she was Christina Aguilera. At the 2011 Super Bowl, Aguilera did not have great national anthem performance herself, and ended up messing up the lyrics, which to Roseanne's credit, at least she did not forget the lyrics during her rendition.

And to top it off, DeLuna sang and ended with a feeling like she totally slayed it which she obviously did not as heard by the thunderous boos she received after.

Singer Michael Bolton sang the anthem at a 2003 Red Sox versus Yankees game.

As a Grammy Award-

winning vocalist for his song "When a Man Loves a Woman," you would not possibly think he could mess it up.

Besides the weird echo that appeared after he sang each line, it was not too bad.

It became bad when midway through the performance. He stopped to look at the lyrics written on his hand which obviously did not sit well with the crowd.

And finally, Fergie. Even though she sang the song only three days ago, she already made it on Billboard's list for "10 Worst National Anthem Performances Ever."

I think to show how bad it was, you just have to look

at the reactions from the audience and players.

During the performance, the camera cut to Draymond Green who immediately looks down and starts laughing to Stephen Curry who tries to hold his composure but ends up laughing as well.

"I think [Fergie] should have probably rehearsed a little more and knew what she was getting into as it was a big event," software engineer junior Mitch Avery said. "But I don't think anyone should take it too seriously, it was just funny."

Follow William on Twitter  
@liamotsd